Lose Your Belly

15 MINUTE workout

Attack your core with this middle-whittling routine.

➡ Holiday parties have an annoying way of adding too much cheer to your tummy. These moves, designed by Ashley Ntansah, personal-training manager at Club H Fitness in New York City, target your entire abdominal wall, especially the transverse abdominis—the midsection muscle that pulls in your belly like a corset. And this workout does more than just firm your core: You'll feel it (and see results!) in your shoulders, legs, and glutes as well. Complete these moves in order, resting for 30 seconds between exercises. Repeat the circuit so you do two sets of each move. Do the workout two or three times a week, on nonconsecutive days, and you won't need your Spanx this season.

## FOUR MOVES TO A TIGHTER CORE

1/ PLANK WITH GLUTE SQUEEZE
Get on the floor, prop yourself up on your forearms, and flex your toes. Your body should form a straight line. Contract your abs and glutes—tightly. Hold this for 15 seconds, then rest by lowering your knees to the ground for five seconds. That's one rep. Do 10.

2/ OBLIQUE V-UP
Lie on your left side, legs angled 30 degrees from your hips. Rest your left arm on the floor and put your right hand behind your head (a). Lift your straight legs off the floor, bringing your torso toward your legs (b). Slowly return to start. That's one rep. Do 15 to 25 reps on each side.
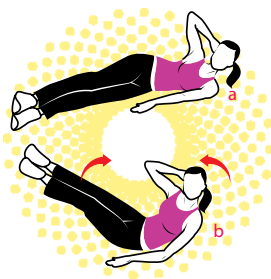
3/ ROTATING SUPERWOMAN
Lying on your back, arms extended overhead and legs straight, tighten your core and raise your shoulders and legs about six inches off the ground (a). Hold for 15 seconds. Then roll onto your belly, keeping your arms and legs off the ground, as if you're flying (b). Hold for 15 seconds, then roll back. That's one rep. Repeat five or six times.
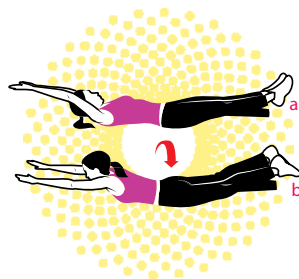
4/ ROCK 'N' RAISE
Lie on your back with your arms at your sides, knees pointed outward, and soles of your feet touching (a). Staying in this pose, slowly raise your legs until your toes are pointed toward the ceiling and your hips are slightly off the floor (b). Slowly return to start. That's one rep. Do 15 to 25.